



IVF FALUN



At Falun Hospital we are so sure of our success rates that we don't actually make Swedish women, under the age of 39, pay for their first treatment of IVF if they are unsuccessful. Unfortunately we are unable to offer this to the rest of the world, but, would like to make you aware of this to give you the confidence that we ourselves have in our clinic!

Our remarkable and sustained success is due to the cultivation method that we use. This cultivation is where we choose which method is best for you based purely on your individual needs and development during your IVF program, either short-term cultivation (re-implantation after 3 days) or long-term cultivation (re-implantation after 5 days). We have advanced in our practice over a period of nearly ten years and now have more than seven years experience of using the long-term cultivation practice as routine in our clinic.

We normally perform the long term cultivation (to blastocyst stage of development) for all women that have at least five fertilized eggs after collection. We know that we are advanced in our practices as we are one of only a few clinics in the world which has many years of routine Blastocyst cultivation and freezing of Blastocyst embryos . In our experience it takes many years to learn and perfect these practices. We are particularly confident with the more difficult process of freezing blastocyst embryos. Blastocyst method of cultivation as a routine process in our clinics has significantly contributed to our success.



IVF Falun- a clinic with many years of experience.

In 1989 we set ourselves an objective of offering IVF-treatment with the very best possible results and care. Couples should have the opportunity to carry out the majority of the treatment in the home district, so that their treatment would become easier and it would also help to keep the price as low as possible. The couples should then be able to decide, with their Gynaecologist, the best time for their IVF-treatment without having to go on a waiting list and that they should be able to reach us anytime by telephone if they had any concerns or needed to talk to us.

We achieved this objective a few years ago. With these criteria, more than 3300 children have been born. The result of the number of deliveries per egg collected from women under 38 years of age, for the clinic has steadily increased over time, and **according to The National Board of Health and Welfare's latest statistics Falun is in the lead in Sweden.**

We think that the good care of our patients is as equally important as good results, therefore we are very happy that we often receive many thanks for this.

In spite of our success we continue to be involved in research and development. We have through the years developed new stimulation methods and examined new methods to improve the eggs viability and also its ability to affix in the cervix. We have also carried out research into acupuncture and its use as an alleviator of pain at egg collections, how body weight affect the results of the pregnancy and our patient's attitude towards returning an egg.

Today Blastocyst cultivation (long term cultivation) is our premier development domain, we stand alone in Sweden in performing this as routine and with such excellent results. **We have fine tuned this Blastocyst method so much that we now, as a matter of fact, can return one egg with better chance of it attaching than we could when we started with two eggs!** Besides the fact that we have great experience in freezing blast cyst eggs we are convinced that our Blastocyst cultivation is the reason of our excellent results against those of other clinics in Sweden and the rest of the world.

You can thus, with confidence, turn to us if you wish to combine the calm and care of a small town with high technology at one of the biggest IVF-units in Scandinavia.

You are greatly welcome to come to us!

Staff at the clinic

Our staff is handpicked for their knowledge and their personal quality. The doctors, Dr Nilsson and Dr Waldenström have had the responsibility of the unit since it started in 1989.



Staffan Nilsson Senior physician, Professor

Expert in the subject infertility for 20 years and has worked at the IVF-unit in Falun since its start. He is renowned for his work surrounding the contraceptive pill and breast-feeding and is formerly director of “Women’s Medical Service” in Falun with a solid experience in all Gynaecology and Obstetrics.



Urban Waldenström Senior physician, senior lecturer

Expert in the subject of infertility for 15 years and has also worked at the IVF-unit in Falun since the start. He has also worked in IVF in Gothenburg and Australia and is often engaged to lecture for both the public and congresses for doctors. He is the medical advisor for the committee of IRIS (National Organization of Infertility in Sweden) and is now researching hormone stimulation in preparation for IVF and long term cultivation of eggs.

PRICES

IVF-treatment means the collecting of eggs, fertilization and insertion of fertilized eggs.

Below the prices are for the IVF treatment only, Pre-treatment fees and medication costs should be discussed with your Gynaecologist.

IVF-treatment:	16.900 kr
IVF-treatment with microinjection (ICSI):	16.900 kr
Insertion of frozen embryos:	8.400 kr
Operative collection of sperm:	5.000 kr
After three private fully paid treatments in Falun The price of the IVF-treatment is reduced to:	12.900 kr

RESULTS

Ever since the start the results at IVF Falun have been amongst the best in Sweden. According to the latest statistics from the National Board of Health and Welfare, Falun is in the top among Swedish IVF-units when it comes to childbirth per egg collecting among women under 38 years.

We are the only clinic in Sweden to do Blastocyst cultivation (long term cultivation) as routine. According to our experience it gives a better results, particularly when you are going to return one embryo. This shows in our results.

Results January 2003- January 2006

Number of treatments with one chosen embryo	1 232
Number of pregnancies (positive test)	629 (51%)
Number of treatments with two embryo	1 067
Number of pregnancies (positive test)	311 (29%)

The figures above concern all cases where we have returned one or two embryos. These figures are thus fully comparable with other units total results. **We encourage you to compare the results with other units.**

Blastocyst cultivation alone gives an even higher pregnancy rate, 57% positive tests after the returning of one embryo.

Is Blastocyst cultivation better than two-days cultivation?



We are convinced about this. We can compare our results with that of the Swedish “One egg study” in which 11 of Scandinavia’s best IVF units took part. The frequency of pregnancy was examined in a special carefully picked group of patients where one embryo was inserted after two days.

The results below show the outcome:

	Frequency of pregnancy	Childbirth
Blastocyst cultivation Falun	55 %	50 %
“One egg study”	35 %	30 %

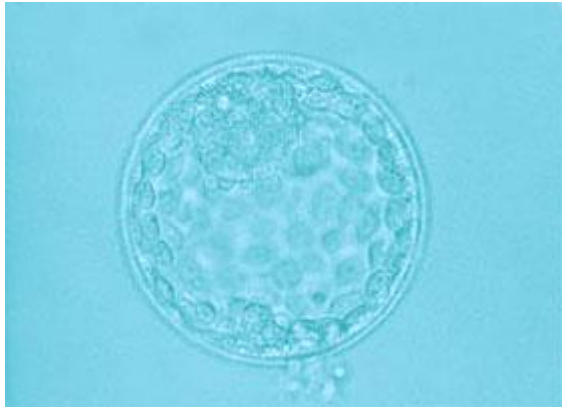
This was not a comparing study but the differences in outcome are obviously huge. We are the only IVF-unit, in Scandinavia, which practise long-term cultivation as a routine, it is difficult to find another explanation for the results.

There is a very good study where the Blastocyst cultivation (five-days cultivation) and the short term cultivation (three-days cultivation) are compared. In both of the groups one embryo is inserted. The study took place at the IVF-unit in Brussels, one of the best IVF-units in the world. The study showed that the proportion of childbirth in the group that had a Blastocyst inserted was 32 % compared to 22% of those who had a three-day-embryo inserted. The differences were so big in the blastocysts favour that the decision was to terminate the study!

Blastocyst cultivation has one restriction, it benefits woman below 39 years with at least 5 eggs fertilized. This is because the conclusion is that a pregnancy shall only occur if the right embryo is chosen for insertion. If there are more than 5 eggs fertilized it could be hard to decide on the second day. That is why the long term cultivation as an advantage, just because it is considerably much easier to choose the right embryo on the basis of how the embryo has grown in 5 days.

The biggest advantage with Blastocyst cultivation for woman below 39 years old, who are doing their first treatment, is that during the first treatments you have an especially big advantage in choosing exactly the right egg. According to our experience, the blastocyst cultivation is superior in achieving a pregnancy.

Insertion of frozen and thawed embryos.



During the last two years we have had a breakthrough concerning frozen and thawed Blastocysts.

In 2004 and 2005 we carried out 259 insertions of frozen Blastocyst (long term cultivation) and of those 38% got pregnant! During the last year the frequency of pregnancy after insertion of frozen of Blastocysts increased almost to the frequency of direct returning!

These are results that we never could have hoped for a few years back.

As far as we can interpret the Swedish statistics for the frequency of pregnancy per frozen egg returning has reduced in last few years in Sweden. Our frequency on the other hand has grown substantially!

We are especially proud about the successes of freezing and thawing blastocysts.

Many IVF-units in Sweden claim that they don't do long term cultivation because they can't freeze blastocysts. They also claim that there is "a lack of experience" We can not obviously agree with this, because since 6 years ago we have frozen more than 3500 Blastocysts and thawed more than 1200 of them.

The reason for our success is that we use a freeze-method that we have developed ourselves and constantly develop further.

In the table below you can see our collected results for woman below 39 years old (the statistic have a one year delay because we wait for childbirth in all of our treatments).

Again we encourage you to compare these results whit other IVF-units. Especially the frozen embryo results!

Compilation of results at IVF-Falun 2004 and 2005, concerning woman below 39 years old.

Quantity egg returns	1421
Quantity pregnancy (positive test)	585 (41%)
Quantity delivered	448 (31%)
Quantity long term cultivations	911
Quantity pregnancy	458 (50 %)
Quantity delivered	356 (39%)
Quantity frozen blast cysts returned	259
Quantity pregnancy	98 (38%)
Quantity delivered	63 (24%)



Questions and answers

Question: Why doesn't the egg attach?

Answer: All fertilized eggs by nature don't have the capacity to form a pregnancy. This is a fact, irrespective if you have a normal capacity to get pregnant, or if you do IVF. It is the embryos capacity to make a pregnancy which is paramount. The mucous membrane in the cervix should of course be favourable for the embryo. You can compare the embryo with a seed. All seeds don't sprout, just the ones that have the capacity to do so. It is a common misunderstanding that you don't get pregnant because "the eggs have fallen out". this certainly never happens. It is the eggs inability to produce a embryo that is the problem.

Question: My doctors investigations haven't shown anything wrong, but still I don't get pregnant. Why?

Answer: investigations can only unveil obvious problems, as for example no egg production or few sperm. In addition to this there are certainly a number of problems that we don't know about or know how to unveil. Our experience shows that it's not profitable to drive the investigations to the outermost point, you rarely find anything of worth, but instead lead to more unanswered questions. With IVF however those couples with so called unexplained infertility have the same chance as others to get pregnant.

Question: Can I do something myself to ensure I get pregnant after the IVF?

Answer: Because the decisive factor is the embryos inherent ability, there is nothing further you can do by yourself. The relieving thing about that is that you can't do any wrong either! There is nothing to show that stress, heavy lifting, travelling, a glass of wine etc. affects the possibility to get pregnant.

There are however two things that are known that can affect pregnancy negatively: smoking and being substantially overweight. Neither of these factors are however decisive- everybody knows somebody who smokes or who are overweight and still gets pregnant.

Question: Why aren't all eggs that aren't inserted frozen?

Answer: Because several of the embryos can't establish a pregnancy and therefore you shouldn't freeze them. One can, through the microscope, estimate which eggs have the possibility to establish a pregnancy and can manage freezing. You freeze only these.

Question: Does the long-term cultivation give a better pregnancy result?

Answer: When we compare our results after long-term cultivation (blastocyst cultivation) with comparable groups from other units, we find that long-term cultivation gives a better pregnancy frequency.

Also look at the page with "results".

Long-term cultivation: blastocyst-cultivation

We have during the past several years made extensive developments in long-term cultivation, and have come to such great results that we can say that it gives an essentially better pregnancy-chance.

And best of all – this also pertains to those cases when we only insert one egg. We have also been successful in solving the biggest difficulty, to successfully freeze after long term cultivation.

IVF Falun stands alone in Sweden in using long-term cultivation as a routine. As we developed the freeze-method by ourselves we are also alone in using it.

The background to the advantage with long-term cultivation is following:

Several factors give you a better chance to get pregnant with an IVF-treatment. One of the most important factors is the possibility to perfect the caring for of fertilized eggs (called embryo) and not at least to choose the best egg for insertion.

The crucial thing for the woman to get pregnant is the capacity of the egg to establish a pregnancy. It can be compared with the capacity of a seed to grow. If a seed shall grow it is mainly depending on its inherent capacity to do so.

Far from all fertilized eggs can establish a pregnancy. In average every fifth embryo has that capacity. It differs from couple to couple. Some couples get a big proportion of embryos which can establish a pregnancy, while other couples get less. It of course depends equally on the sperm as on the eggs (although it is often only said the eggs).

At IVF Falun it is about getting fertilized eggs who can establish a pregnancy and to insert the embryo which has the best possibility to do that.

Improvements of nourishments-solutions and development of the care of the eggs in laboratory is the ground for the condition to cultivate the fertilized eggs longer. By that we can chose the egg/eggs with the best chance for a pregnancy. In Falun we started with this in 1994, but at that time the nourishment-solutions was too difficult to manage. Now when we have better nourishment-solutions we have made an industrious step forward for developing the best circumstances for long term cultivation and achieved a wealth of experience of how to best handle it.

At long-term cultivation the embryos grow for 5-6 days before they are inserted, instead of 2-3 days. The advantage is that you can more exactly choose the egg with the best chance to establish a pregnancy. It works, simply described, as below:

If you for example get 10 eggs, about 6-7 can be used to be fertilized. As about every fifth fertilized egg can establish a pregnancy, it is usually not more than 1-2 of these eggs which have this quality. If you cultivate in 2 days, you have often 2-4 eggs that look fairly alike. If you on the other hand continue the cultivating for five days, the 1-2 embryos which can establish a pregnancy look different from the others as they continues to grow (to so called blastocysts). The others eggs who don't show the ability to establish a pregnancy, stop growing.

When you insert the eggs after two days, you assess which are best at that time. We have a prolonged experience that this works fairly well. But it gets even better if the eggs grow by themselves longer and show which are best to return.

The difference between long-term cultivation and ordinary two-day cultivation are the more exact selection of the egg/eggs who can establish a pregnancy.

IVF Falun has in this way during seven year used long term cultivation in a constant development and with large encouraging results. During the last year (2006) we have a pregnancy frequency of 51% after long-term cultivation.

We have also developed a freezing method for blastocysts and last year had a pregnancy frequency at 38% after insertion of a frozen and unfrozen blastocysts. We are especially proud of that because many IVF units consider that they cant freeze and unfreeze blastocysts, while our results after freezing is nearly as good as the results after direct insertion.

According to our opinion long-term cultivation is the road to an improved pregnancy frequency and the striving possibility to return an egg with preserved chance to pregnancy.

Recently a big international study has according to "evidence based medicine" shown that long term cultivation is a superior method compared to short term cultivation. (For the patients that long-term cultivation is most suitable for).

Even the long term cultivation has its restrictions. It most suitable for those who have at least 4-5 eggs fertilized, because the advantages with the more exact selection are less if there are fewer eggs. For those women, whose ovaries have difficulties to produce many eggs, long-term cultivation is not the solution. The methods advantage concern women below 40 years with capacity to establish more than 5-6 eggs at stimulation.

To sum up- with long term cultivation we have during the last year increased the pregnancy chance, at the same time as we have reduced the quantity of twin pregnancy and succeeded in getting good results even after freezing.



Website: <http://www.IvfSupportServices.com>